



RECIPE'S

REAL FARMERS, REAL BUTCHERS



Lamb Moussaka Pots

Ingredients

- 500gm Sinclair Meats lamb mince
- 1 tbsp olive oil
- 2 small eggplants, thinly sliced
- 1 brown onion, finely chopped
- 1 red capsicum, diced
- 1 tsp ground cinnamon
- 1 tsp cumin seeds
- 1 ½ tbsp oregano leaves, finely chopped + extra leaves, to serve
- 400gm can diced tomatoes
- 40gm baby spinach, roughly chopped
- 2 fresh eggs
- 1 cup (250ml) Greek yoghurt
- 1 tbsp tahini
- 20gm parmesan cheese, finely grated
- 1 tsp black sesame seed



To Serve:

- Garden salad, or any delicious salad from Prickly Pineapple (Found in store)

Recipe and photo courtesy of www.australianlamb.com.au

Procedure

1. Preheat to oven to 180°C (160° fan-forced). Lightly spray eggplant with olive oil spray. Preheat a large char-grill pan over high heat. Working in batches, grill eggplant slices for 30 seconds on each side or until both sides have char marks. Set aside on a plate.



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2. Heat olive oil in a large non-stick frying pan over medium-high heat and cook onion and capsicum for 2-3 minutes or until softened. Add mince and cook, stirring for 4-5 minutes or until meat is browned. Add cinnamon, cumin, oregano and tomatoes and cook for 10 minutes. Stir through baby spinach. Season.
3. Whisk together eggs, yoghurt and tahini until smooth. Season and stir to combine.
4. To assemble, divide half the eggplant between four 1 ½ cup (375ml) cup capacity oven proof dishes, top with half the lamb mixture then repeat the layering process. Gently spoon the yoghurt mixture over the lamb, smoothing it with the back of a spoon. Sprinkle with parmesan and sesame seeds. Bake for 30 minutes or until top is golden brown.
5. Serve lamb moussaka pots with garden salad.

Other Cooking Tips from Australian Lamb

- You could also prepare this recipe in a large baking dish – double the recipe to serve a crowd.
- The lamb mixture is also delicious served with cous cous or rice or in a burrito.
- Mix the herbs and spices up for a different flavour profile – use dried Italian herbs in place of cumin or cinnamon or try Cajun or Moroccan seasoning.